Track and Field Rules

The 2014 Warrior Games is not a qualifying event for the Paralympic Games or any other U.S. Paralympics or International Paralympic Committee sanctioned event.

For rules not modified and stated below, a complete rulebook can be found in PDF format by following the link:

Track and Field Events

**A minimum of two athletes must be signed up for an event to be contested in a particular disability category. The Minus 1 rule will be in effect.**

<table>
<thead>
<tr>
<th>M &amp; W Outdoor Track Events</th>
<th>M &amp; W Indoor Track Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>100m</td>
<td>60m</td>
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<tr>
<td>200m</td>
<td>200m</td>
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<tr>
<td>400m</td>
<td>300m</td>
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<tr>
<td>1500</td>
<td>1500</td>
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</table>

Outdoor Relay Distance

<table>
<thead>
<tr>
<th></th>
<th>Indoor Relay Distance</th>
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</thead>
<tbody>
<tr>
<td>4x 100m</td>
<td>4 x 134m (half lap)</td>
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</table>

M & W Discus

Combined/mixed (Final) **4x100m ambulatory relay** - Teams will consist of four total athletes, with a maximum of two representatives from the open category and all others selected from the other disability categories (T11-13 or T42 – T47). Each service branch will be allowed to enter one team into the relay event made up of either Male and/or female athletes.

Team allocation numbers per service

**Every team will be allowed the following number of competitors for each event from each disability/classification group noted above. Ultimate Champion competitors will not count against the team allocation numbers.**

Men’s Events

- Army – 3
- Marines - 3
- SOCOM – 3
- Navy/Coast Guard – 3
- Air Force – 3
Women’s Events
Army – 3
Marines - 3
SOCOM – 3
Navy/Coast Guard – 3
Air Force – 3

**Track Events** In all races started in lanes, if there is the same number of or fewer entries than there are lanes (eight) on the track, the event shall be run as a final. If an event category has more than eight participants, preliminary heats will be run to select finalist. The first place finisher in each preliminary heat shall automatically advance and the other qualifiers shall advance on the basis of time.

The distances contested will be different to better conform to the venue if inclement weather forces the competition indoors.

**Field Event** For standing field events, if a particular category has 12 or greater participants they will be broken into preliminary flights. In such a case, each thrower shall be allowed three (3) throws in the preliminary flight. The top eight (8) overall performers will advance to a final flight and receive three (3) additional attempts. If there are less than 12 participants, each participant will get six (6) throws and the event will be conducted as a final. Seated throwers will receive six consecutive throws and the competition will be conducted as a final (no preliminary flight).

If there is a tie, the 2nd longest throw distance will be used to break the tie both in the preliminary and final rounds for both standing and seated throws.

If less than 2 throwers per classification meet manager will combine classes (F41-47 and F51-57) and say the IPC Raza Points Scale. Each performance will be given a point value with the highest points winning the event.

Weights for throwing implements are in attachment 1.
GENERAL EVENT RULES

Clothing and Bib Numbers
Competitors will wear Warrior Games team uniform while competing in all events.

Ambulatory
Competitors will wear a number on the both front and back of shirt. Numbers will be provided by local organizing committee.

Wheelchair
Every competitor will be provided with one bib number to be worn visibly on the back of the competition wheelchair. Helmets are required in all races of 800m and over.

Assistance to Athletes
Wheelchair athletes
Meet Director will determine which athletes are permitted escorts. An escort is someone who will be permitted to accompany competitors onto the competition area. Persons acting as escorts must be clearly identified by a distinctive vest. Escorts may assist the officials to ensure the athlete transfers safely to the throwing chair.

Strapping
If an athlete uses strapping it must only be to the chair and of non-elastic material.

Prosthetics
All leg amputees must use prosthetics for the track competition. No hopping is allowed.

Timing and Photo Finish
Ambulatory
The time is taken at the moment the torso crosses the finish line (head, neck, arms or legs do not count).

Wheelchair
The time shall be taken to the moment at which the hub of the leading wheel of the competitor’s chair reaches the vertical plane of the nearest edge of the finish line.

Wheelchair Equipment Specifications
No part of the body of the chair may extend forwards beyond the hub of the front wheel and be wider than the inside of the hubs of the two rear wheels. The height from the ground to the main body of the chair shall be 50cm. Maximum diameter of the large wheel including the inflated tire shall not exceed 70cm and the small wheel can not exceed 50cm. One plain round hand rim is allowed for each large wheel. No mechanical gears or levers shall be allowed. No mirrors are allowed. The athlete should be able to steer the front wheel both left and right. No part of the chair may protrude behind the vertical plane of the back edge of the rear tires.

100m & 200m Sprints

Starting blocks
Ambulatory
Starting blocks may be used, though a four point stance is not required by any athletes. An arm amputee or those with short arms may use pads on which to rest stumps at the start to improve balance. Pads must be completely behind the starting line and not interfere with any other athlete and should be the same color of the track or a neutral color.
Start Commands

Ambulatory
Commands are “On Your Mark”—athlete will enter into the blocks or assume a standing start position—hands and feet must be behind the line. “Set” athletes must be stationary (no movements) and then the firing of the gun.

Wheelchair
After the “On Your Mark” command, an athlete shall approach the start line; assume a position entirely within his or her allocated lane and behind the start line. At the “Set” command, an athlete should immediately take up the final position retaining the contact of the front wheel with the ground behind the line. The front wheel may be over the start line, but the contact of the front wheel with the ground is behind the line.

Compensator Setting
Prior to any race conducted on the curve, the athletes will need an opportunity to set their compensator to the curve of the track. This can be done prior to the start of the track racing portion of the schedule or all wheelchair racers in an upcoming race have a five minute window to get on to the track and set their compensator.

False Starts
Any competitor(s) responsible for a false start, as determined by the starter, shall be disqualified. **NOTE: This rule is often referred to as the “ONE AND DONE RULE”**

The Race
In races conducted in lanes, athletes must remain in their lane or be disqualified. If an athlete is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the athlete shall not be disqualified. The athlete that pushes or forces another person to run outside his lane may be disqualified.

1500 Race

Start Commands
The start commands will be “On Your Mark,” the athlete must hold steady, and then the gun. The 1500 race uses a waterfall start and the athletes are allowed to cut in to the inside lanes as soon as there is a clear path so they do not impede another athlete. If an athlete impedes another athlete as he is cutting into the inside lane he can be disqualified from the race.

The Race
Ambulatory
Any competing athlete who jostles or obstructs another athlete, so as to impede his or her progress, will be subject to disqualification from that event.

Wheelchair
An athlete coming from behind in an attempt to overtake another competitor carries the responsibility of ensuring full clearance of the chair being overtaken before cutting across. The athlete being overtaken has the responsibility not to obstruct or impede the incoming athlete once the front wheel(s) of the athlete are in sight.
Putting the Shot
From start to finish, the movement shall be a straight, continuous putting action. The shot shall touch or be in close proximity to the neck or chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

Throws
If the standing field is large enough to require preliminary flights they will be afforded three (3) attempts in the preliminary round and the top eight (8) performers will receive three (3) additional attempts in the final round. Standing athletes will throw a single throw and rotate through the field. Seated athletes will throw 2 warm-up throws and 6 official attempts (4 attempts inside) consecutively. Athletes will get two practice throws and then be able to make adjustments to their throwing chair, and then the competition will begin.

Throwing Implements and Chairs
Any competitor wanting to use their own throwing implements or chairs must have them measured, weighed and approved immediately after the practice session on Monday, May 13, 2013. All approved implements and chairs will be placed into a general pool and made available for all competitors in the competition. Approved implements and chairs will be impounded after the final practice session on Monday, May 13. Implements and chair can be re-examined by the officials before, during or after the event.

Clothing
In field events clothing must be close fitting, and not loose, so that the view of the judges is not impeded.

Prosthesis
Warrior Games rules state that leg amputees who compete in the seated field events may not use their prosthetic devices. Participants in this category must compete with their feet off the ground and secured to the throwing chair.

Time Limits
Seated Throwers:
A competitor will be given a time of one minute between each throw. The one minute time will begin when the implement is handed to the competitor. Competitors will be given a three minute break after their third throw.

Standing Throwers:
A competitor will be given a time of one minute to commence a throw from the time the competitor’s name is called.
Throwing Chairs

Throwing Frame Specifications:

a) The maximum height of the throwing frame including the cushion(s) used as a seat shall not exceed 75 cm;
b) Footplates can be used for support and stability only;
c) Footplates may NOT be placed on the ground, but need to be attached to the throwing chair. The athlete’s foot must keep contact with the plate but the plate should not provide a height advantage or leverage. The height of these footplates must not exceed 1 cm. Legs must still be secured to the chair, but are not required to be placed behind the stability bars.
d) Side and back rests for safety and stability may be attached to the seat. They must be nonflexible and non-movable;
e) The frame may have a holding bar. The holding bar material may be of metal, fiberglass or a similar material and must be a single straight piece of material without curves or bends and should not contain springs, joints or articulation. The cross-sectional profile should be circular or square not oval or rectangular. The point where the holding bar is fixed (joined) to the chair must contain no levers or hinges that could assist with propulsion of the implement;
f) No part of the frame including any holding bar shall be moveable during the throwing action;
g) A day chair that satisfies these criteria is acceptable.

Note: Fibreglass can be rigid, flexible and brittle, but only rigid fibreglass holding bars will be permitted, i.e. it must not flex

Seated throwing chairs are staked down using stakes and ratcheted tie-downs. A reasonable time will be permitted for an athlete’s throwing chair to be placed in the circle before the commencement of their first trial, however this process should not normally exceed 5 minutes.

Holding Device Failure

If a holding device should break or fail during the execution of a throw then the overseeing official should:
a) If the athlete does not foul, offer the athlete the option of retaking that trial (i.e., if the athlete is happy with the distance and they haven’t fouled then the athlete has the option of counting the affected trial), or;
b) If the athlete fouls, then the trial should not be counted and the athlete should be allowed to retake the affected trial.

Failed Throws

A throw is considered a failure if an athlete in the course of a trial:

a. improperly releases the shot
b. after he or she has stepped into the circle and begun to make a throw, touches with any part of his or her body the top of the rim or the ground outside the circle
c. touches any part of his or her body with the top of the stop board
d. touches a strap outside of the circle when making a seated throw

When leaving the circle, he or she must step out of the back half of the ring after the implement has landed.

All valid throws must land inside the sector lines.

Lifting

A competitor shall commence a throw or put from a seated position (. Butt on the seat at all times and the back of the knees in contact with the chair seat. It is considered lifting if this position is not maintained
once the implement is given to the athlete and until the implement is marked). The commencement is regarded as the forward movement which ends with the release of the implement.

Lifting occurs when an athlete does not have a foot on a footplate or frame to gain additional height to throw the implement. A portion of the buttocks (at least 1 cheek) must remain in contact with the seat of the chair.

**Gloves and Taping**
Seated throwers may use strapping or a glove on their non-throwing hand, and anchor that hand to the frame.

Athletes in all other categories cannot use any kind of assistive device, nor can they tape together two or more fingers. Tape is not allowed under any circumstances, unless it is being used to cover an open wound.
### IPC Athletics Implement Weights for Sport Classes

#### Sport Classes F11-13

<table>
<thead>
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<th>Age Group</th>
<th>Classes</th>
<th>Discus Male</th>
<th>Discus Female</th>
<th>Javelin Male</th>
<th>Javelin Female</th>
<th>Shot put Male</th>
<th>Shot put Female</th>
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<th>Discus Female</th>
<th>Javelin Male</th>
<th>Javelin Female</th>
<th>Shot put Male</th>
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<td>F40,F41</td>
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